

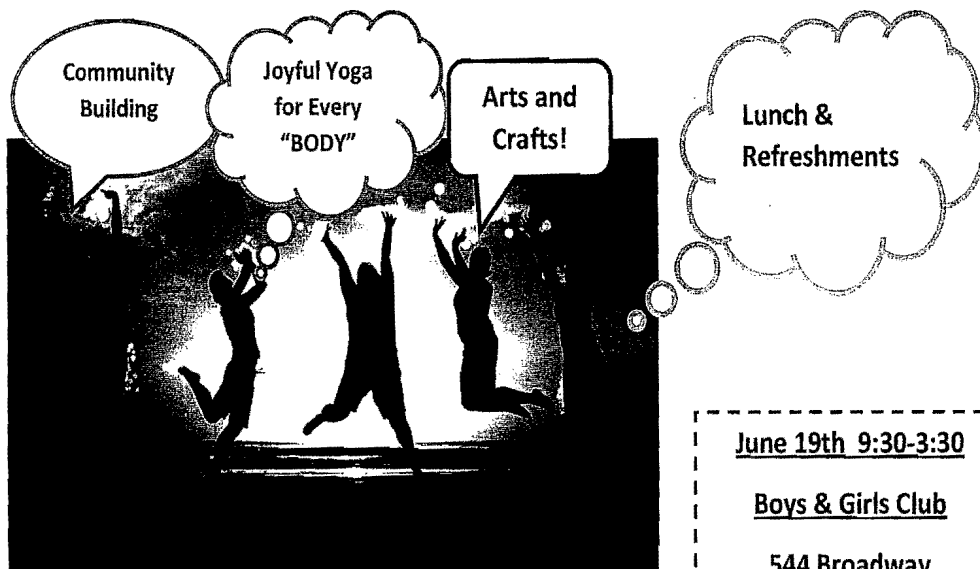
Mental Health Empowerment Project PRESENTS:

A Day of Empowerment



Join Us to Celebrate Empowerment in Rensselaer with holistic approaches to self-help and peer support:

- ❖ Fun Activities: Drumming Circle and Free Raffle with prizes
- ❖ Explore various self-help approaches
- ❖ Build Rensselaer Community Connections through peer support
- ❖ Learn about the Empowerment Exchange and how you can get involved



Create your own Summer of Possibilities!

Call Kathie to RSVP @ 235-2173

June 19th 9:30-3:30

Boys & Girls Club

544 Broadway

Rensselaer